




Year 8 Super Curriculum



Read 	Do 	Find 
Articles related to drugs in sport.	Captain a sports team in or out of school.	Find a good sporting podcast or YouTube Channel.
Articles related to the Olympic games.	Write a sports report for the RoundUp, following an important fixture.	Using Unifrog, research careers based on sport and PE.
Recent sporting articles on the BBC sport website.	Organise a house sport team for your form.	Research GCSE PE and identify "to dos" that would prepare you through next year.
The local sports news in the Herts Advertiser regularly.	Run two consecutive PBs on the RPS mile.	A school sports fixture, that you're not playing in, and support RPS.
Read 'Women in sports: 50 fearless athletes who played to win' by Rachel Igotofsky.	Participate in a fitness event outside school. eg. Park Run, Herts 10K etc.	Research the history/timeline of a sport/activity of your choice.